IAHPC List of Essential Practices in Palliative Care©

Identify, evaluate, diagnose, treat and apply treatment and solution measures for:
Physical care needs:
Pain (all types)
Respiratory problems (dyspnea, cough)
Gastro intestinal problems (constipation, nausea, vomiting, dry mouth, mucositis, diarrhoea)
Delirium
Wounds, ulcers, skin rash and skin lesions
Insomnia
Psychological / Emotional / Spiritual care needs:
Psychological distress
Suffering of the relative and/or caregiver
Anxiety
Identify and evaluate - provide support and when possible, refer for diagnosis, treatment and solution measures for:
Physical care needs:
Fatigue
Anorexia
Anaemia
Drowsiness or sedation
Sweating
Psychological / Emotional / Spiritual care needs:
Spiritual needs and existential distress
Depression
Family / caregivers grief and bereavement issues
Other:
Care Planning and Coordination issues:
Identify the resources and support available and develop and implement a plan of care based on the patient's needs.
Provide care in the last days/weeks of life
Identify, evaluate and implement solutions to facilitate the availability and access to medications (with emphasis on opioids)
Identify the psychosocial / spiritual needs of self and other professionals involved in the care
Communication issues:
Communicate with patient, family and caregivers about diagnosis, prognosis*, condition, treatment, symptoms and their management, and last days/weeks care issues.
Identify and set priorities with patient and caregivers.
Provide information and guidance to patients and caregivers according to available resources. Sensitize other health care professionals and workers about palliative care.

***Note*:** The determination of prognosis and safe delivery of this information requires appropriate training and knowledge.

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International Association for Hospice and Palliative Care. IAHPC List of Essential Practices in Palliative Care. Houston: IAHPC Press, 2012.
The project description and process to develop the List is available in the IAHPC website in www.hospicecare.com